

Taking Care of Emotional Needs

It is natural to be upset when you think your health or the health of your loved ones is threatened. Pay attention to your own feelings and take care of your emotional needs, then you can better help friends and family members handle their concerns.

Coping with uncertainty

Anxiety can be related to fear of the unknown. It is normal to feel anxious and worried during an emergency.

Everyone reacts differently to an emergency

People often experience changes in their physical, emotional or mental state, during and after emergencies. For example, they may have trouble sleeping, experience anger or depression, or have problems at work or school. If these reactions seem extreme or last a long time, you should seek help.

Here are some ways you can cope with stress and anxiety

- Limit your exposure to graphic news stories.
- Get accurate, timely information from reliable sources.
- Maintain your normal routine as much as possible.
- Avoid drugs and excessive drinking.
- Exercise, eat well and get enough sleep.
- Stay active physically and mentally.
- Stay in touch with family and friends.
- If you can, help others.
- Keep a sense of humor.
- Share your concerns with others.

Stay connected

Ask for help if you need it. If your anxiety about a disaster gets in the way of your daily life, talk to someone you trust. This may be your doctor, a family member, teacher, or mental health professional.

If you notice a big change in a loved one, friend or co-worker, reach out to them. Make some time to talk. Watching out for others shows you care and it can be comforting to both of you.

If you or someone you know is having a hard time managing their emotions, seek help from a medical or mental health professional.

Get reliable information

When an emergency happens, it is important to keep things in perspective. Get information about the event from:

- Newspaper, radio, and television.
- Your health care provider.
- Your local health department.
- Harford County Government.
- Harford County Division of Emergency Operations.

If you or a loved one needs help during a crisis, please contact the Mobile Crisis Team.

